

“I never thought about my health until I started losing it.”

**May is
American Stroke Month**

Could you be the next face of stroke? Stroke can happen to anyone regardless of age or gender. In May, reduce your risk factors and recognize the warning signs of stroke.

You can do a number of things to reduce your risk factors.

- ☒ control your blood pressure, cholesterol and diabetes
- ☒ be physically active for 30 minutes or more on most days of the week
- ☒ eat a well-balanced diet that includes plenty of fruits and vegetables; maintain a healthy weight
- ☒ be tobacco free

Major advances in stroke treatment have made it more important than ever to seek treatment quickly. To recognize the signs of a stroke, think FAST:

Face and numbness or weakness, especially on one side

Arm numbness or weakness, especially on one side of the body

Speech slurred or difficulty in speaking, understanding or sudden confusion

Time to call 911 - especially if accompanied by a sudden loss of vision, loss of balance with dizziness or severe headache

Live Like Your Life Depends On It.

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